Guidelines
Residential Retreat

2000 Website Program Description

Guidelines is a specialized program designed for those who have completed The Monroe Institute's Gateway Voyage program. Guidelines offers still another step in the development of more complete understanding of self.

In addition to exploration of your Total Self and creating an on-going communication with your Inner Self Helper (ISH), the program gives direct training in the early stages of Out of Body training. This is the only Institute program that specifically provides these methods. Training in using a special dolphin energy--either individually or in a group--to heal both self and others is also an aspect of **Guidelines**.

The theme of **Guidelines** is to assist you in learning methods in which communication can be established with distinct and different intelligences. Whatever you call such intelligence (e.g., Total Self, Inner Self Helper, Guide, Non-Physical Friend, Universal Consciousness, etc.), it can be any constructive source that has an overview beyond your normal daily physical perception.

In addition, **Guidelines** encourages the practical application of such communications and states of consciousness. With practice, a person can learn to quickly and directly access whatever information is needed. Our goal is to make such lines of communication as open, direct, and natural as possible, so that during a business meeting, for example, you can calmly and serenely access the communication skills learned and concurrently apply them appropriately within the context of the situation.

Guidelines is held at the Institute in Virginia and consists of a series of unique exercises which provide training in developing these lines of communication. After a review of Focus 10, 12, 15, and 21, the participant is taught:

- to easily achieve the state where such communication can occur;
- to speak and report during such states, without disturbing the attained form of consciousness;
- means and methods of establishing contact with other energy forms and;
- to retain full conscious awareness and memory of the communication achieved.

In addition to guided Hemi-Sync tape exercises, there are:

- group discussions,
- application sessions,

- an individual one-to-one (PREP) session in the TMI laboratory and,
- free time to relax, assimilate experiences, exercise, and/or socialize.

Give yourself the opportunity to gratefully and joyfully strengthen your connectedness with larger aspects of your self-awareness. Give yourself the gift of "coming home," to Self and again to TMI.